Please copy and distribute to the Coach and Physical Education Instructor.*

Section 2 ACTIONS



ACTIONS for the Coach and **Physical Education Instructor**

☐ Encourage exercise and participation ☐ To treat hypoglycemia, provide the in physical activities and sports for student with immediate access to a students with diabetes as well as for fast-acting form of glucose, as outlined other students. in the Quick Reference Emergency Plan. ☐ Treat the student with diabetes the ☐ Consider taping a fast-acting form of glucose (e.g., 3 or 4 glucose tablets or same as other students, except to meet hard candies) to a clipboard or include medical needs. it in the First Aid pack that goes out to ☐ Encourage the student to have physical education activities, practices, personal supplies readily accessible. and games. Make sure blood glucose monitoring equipment is available at all activity sites. **☐ Learn about diabetes** by reviewing materials contained in this guide. **☐** Allow the student to check blood ☐ Provide input to the student's school glucose levels as outlined in the 504 health team as needed. Plan, IEP, or other education plan. **☐** Understand and be aware that hypo-**☐** Communicate with the school nurse glycemia can occur during and after and/or trained diabetes personnel physical activity. regarding any observations or concerns about the student. ☐ Recognize that a change in the student's behavior could be a symptom Provide information for the substitute of blood glucose changes. **PE** instructor that communicates the daily needs of the student and the Ouick ☐ Be prepared to recognize and respond Reference Emergency Plan. to the signs and symptoms of hypo-☐ Respect the student's confidentiality glycemia and hyperglycemia and take initial actions in accordance with the and right to privacy. student's Quick Reference Emergency Plan, which specifies when and how to contact the school nurse or trained

diabetes personnel.

^{*}If appropriate, please distribute this information to the playground/campus supervisor.